

## THESE APPLES ARE FULL OF PAZAZZ

And they're grown in Nova Scotia  
**metroLIFE**



## JOHANNA SCHNELLER WELL THIS IS UNFORTUNATE

This Netflix series is  
giving me anxiety

**metroLIFE**



# Halifax metro



## SOLIDARITY ...



... it's complicated  
**metroVIEWS**

Your essential daily news | WEDNESDAY, JANUARY 18, 2017

High -1°C/Low -3°C Cloudy

## THE OPPONENT IN THE MIRROR

Dalhousie athlete opens  
up about mid-race anxiety

**metroNEWS**



Daniel Maguire is hoping his story of  
athletic anxiety can help others open  
up and seek help if they need it.

JEFF HARPER/METRO

## We should be 'aggressive' defending land

DEVELOPMENT

**Advocate  
speaks out  
after lawsuit  
against city**



**Zane  
Woodford**  
Metro | Halifax

Following news of a lawsuit over  
the Blue Mountain Birch Cove  
lands, a local environmentalist  
says he hopes the municipality is  
as aggressive in defending itself  
as the company suing it has been  
in trying to develop the land.

Annapolis Group gave notice  
to Halifax on Tuesday, seeking  
\$119 million because, it argues,  
the municipality "effectively ex-  
propriated" the land without  
compensation in not allowing  
it to be developed.

"I would say that the city  
should be as aggressive as An-  
napolis Group has been, and  
defend themselves vigorously

because they have a very good  
defence. It's called the regional  
plan," Ecology Action Centre wil-  
derness co-ordinator Raymond  
Plourde said in an interview.

Plourde argues that the land  
is not zoned for development, as  
Annapolis Group has claimed,  
and that the company's "ridicu-  
lous, absolutely fictitious" valua-  
tion is based on a "dream scen-  
ario" where the municipality  
allows development of the land.

"I think the game has always  
been to inflate the perceived  
value of the land in order to ex-  
tort a fortune from the govern-  
ment and therefore the taxpay-  
ers," Plourde said.

Area Coun. Richard Zurawski  
said in an interview he doesn't  
know what the land is worth, but  
that the developer's valuation "is  
not chump change." He didn't  
want to comment on the lawsuit  
directly without knowing more,  
but said he and his constituents  
want the land preserved.

**More coverage, page 4**



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# Making sentences meaningful

ART

## Students make greeting cards for prisoners, their loved ones



**Yvette d'Entremont**  
Metro | Halifax

A dog waiting patiently for its master to come home. A giant finger picking a nose. Words of inclusion written in calligraphic script.

These are just a few of the unique greeting card styles designed by a group of NSCAD University students for people in prison and their families.

The project evolved from a realization that those with incarcerated loved ones had difficulty finding greeting cards that conveyed relevant messages.

NSCAD University professor May Chung said she first entertained the idea following a conversation three years ago with El Jones.

Last year, Jones and LaMeia Reddick gathered quotations from those who were incarcerated as well as their family and friends. They provided those to Chung and her 21 design students.

On Jan. 3, each student randomly picked a quotation.

They had until Tuesday to present a finished product and meet with guests to discuss the project.

The students described the experience as challenging,



NSCAD Design Studio 4 students (from left) Jim Xi, Sam Lynn, Ryan Farrell, Sophie Nairn and Sasan Moradian show off their work at the Port Campus Tuesday.

JEFF HARPER/METRO



**How do we honour those people that gave us their words? Because ideas start with words.** May Chung

moving and rewarding. They said they didn't realize there was a place in the market for these cards.

"I actually have a friend whose father is in prison and I was talking to her about this project the other day and she said 'What a coincidence. I

wanted to send a card to my dad and the only thing that seemed appropriate for me to send was a card that said thinking of you," recalled student Sophie Nairn.

"So that was what she ended up with. She felt really touched that this was a project that

we were working on. It was this conversation being started about there being a need for this."

Chung said people are already interested in placing orders for her students' creations, including Kim Pate, past executive director of the Canadian Association of Elizabeth Fry Societies.

"Now this thing has legs because we realized that when you do something that's usable,

there's a demand for it," Chung said.

"Selling is easy, but what do you do with the money? We as a group have to discuss that. How do we honour those people that gave us their words? Because ideas start with words.

The students took the words and their research into incarceration in Nova Scotia seriously. Chung said they wanted to create cards that would resonate.

Jim Xi's quote was longer than most, so he focused on words rather than images. He crumpled paper and then smoothed it out again to use as background for his text before transferring it to the greeting card.

"It's like you're getting something that you toss away back, it's not garbage," Xi explained. "It's a message that says 'Don't look down on yourself,' that kind of thing."

CRIME

## Six charged in 3 animal cruelty cases



**Haley Ryan**  
Metro | Halifax

The SPCA has laid animal cruelty charges in a trio of Nova Scotia cases, including one where 18 cats were recovered from a hoarding situation.

In that case, a release from the Nova Scotia SPCA said Tuesday that they'd had a complaint of alleged cat abandonment at a New Minas area residence in early August 2016.

Upon arriving, cruelty officers found an unoccupied home with a "serious hoarding situation."

Due to the amount of debris inside, the SPCA said it took officers 3.5 months to find and remove 18 cats from the property.

Teresa and Johanna Steadman are both facing four different animal cruelty charges including causing an animal to be in distress, failing to provide medical attention when an animal is wounded, and confining an animal in an

unsanitary area.

Both women are scheduled to be in court Tuesday at the Kentville Court House.

In the second case, the SPCA investigated the roadside abandonment of four cats in Annapolis County. Three of the cats were located (one of them dead), and one remains missing.

Naomi Budgell of Lawrencetown and Rodney Budgell of Middleton have both been charged with causing an animal to be in distress, and both are due in court Feb. 27 in An-

napolis Royal provincial court.

For the third case, SPCA officers exhumed two cats from a shallow grave behind an apartment complex in North Kentville while investigating a public complaint last October. The remains were sent to the pathology lab at the Agricultural College in Truro for a necropsy.

Melissa Martin and Roy Slaunwhite have both been charged with two counts of animal cruelty, and are scheduled to appear in Kentville Provincial Court on Feb. 14.

POLICE

## Man chased out of Sackville restaurant



**Philip Croucher**  
Metro | Halifax

A man was chased out of a Sackville restaurant when he tried to steal the cash register.

The RCMP say around 2 a.m. Tuesday, officers were called to an eatery on Sackville Drive in relation to the robbery attempt. After trying to steal the register, police say the man fled the restaurant after employees and customers con-

fronted him.

A police service dog and officers searched for the suspect but he couldn't be located.

He was wearing a grey hoodie, dark track pants with a light coloured line down the side of a pant leg, dark coloured shoes and dark gloves, the RCMP said in a press release.

He also had his face covered. In an interview, RCMP spokesman Cpl. Dal Hutchinson was unable to provide the address for the restaurant.



CANADA'S 150TH

# A patriotic mission

Meet the man who's singing our anthem 150 times during this special year



**Ameeta Vohra**  
For Metro | Halifax

In 2017, Peter Baylis is on a patriotic mission.

As a tribute to Canada's 150th birthday, Baylis has set his sights on completing a goal of singing the national anthem 150 times while raising money for Feed Nova Scotia.

"I wanted to contribute to Canada's 150th," the Halifax Mooseheads anthem singer explained.

"It just dawned on me while I watching the news because there was a piece on the birthday; I wanted to participate and said, 'I will give this a shot.'"

"It's a daunting task but I think I can achieve it."

Already this month, Baylis sang the anthem 14 times at various locations in the city including the Central Library, Point Pleasant Park and Halifax Shopping Centre.

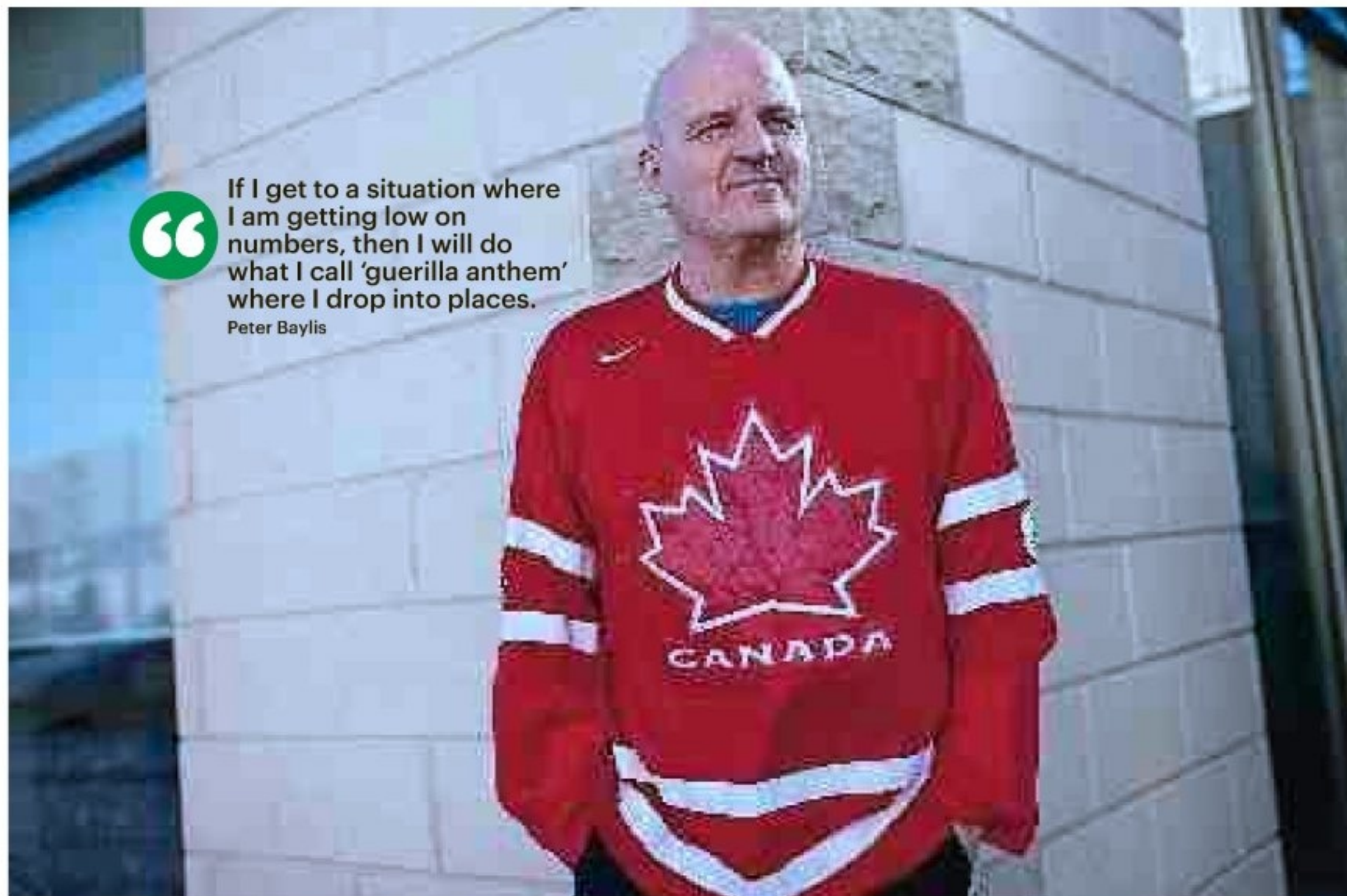
For his 15th performance, Baylis dropped into the Metro Halifax office on Tuesday afternoon.

The community is also doing their part to help Baylis reach his goal.

He has been invited to events such as the Dartmouth Whalers game at the Dartmouth Sportsplex on Saturday and six convocation ceremonies at Nova Scotia Community College (NSCC) in June.

"It can be anywhere — an event, at a party, a barbeque anything," he said. "If you just ask and if I can be there, I will definitely make it."

"If I get to a situation where I am getting low on



If I get to a situation where I am getting low on numbers, then I will do what I call 'guerilla anthem' where I drop into places.

Peter Baylis

Peter Baylis is on a quest to sing the national anthem 150 times at public events. JEFF HARPER/METRO

numbers, then I will do what I call 'guerilla anthem' where I drop into places."

Wherever Baylis sings the anthem, the passion for his native country resonates with each note and word.

"I have travelled across this country so many times and I am very proud of my country in that we are unique as Canadians," he expressed.

"I tie that in while I am singing the anthem I visualize parts of Canada, and the

people and the vibe and the generosity, compassion and empathy that we have as Canadians."

Ultimately, Baylis hopes to spread a message to all Canadians during this mission.

"Let's all celebrate Canada

and be happy where we are citizens living and contributing to the world," he said.

"When you hear it and sing along to it, find out what your country means to you as you are singing the song."



**See him sing**  
Visit [metronews.ca/halifax](http://metronews.ca/halifax) to see Peter Baylis sing O Canada at the Metro Halifax offices on Tuesday.



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## COUNCIL

## City asking public for budget input



**Haley Ryan**  
Metro | Halifax

The city is inviting everyone to weigh in on what they'd like the municipality's upcoming budget to look like.

Regional council will soon begin discussions around the annual operating and capital budgets, a release Tuesday said, and the public is encouraged to "highlight their priorities" with things like the budget allocator tool.

Residents can also visit the Shape Your City online engagement portal to answer "key questions" in the lead-up to the budget debate. All answers and opinions shared on this website will be shared in staff reports to council.

A final report will be given

to the councillors before the final deliberation and vote on the budget in March.

Citizens have opportunities to speak directly to Regional Council about specific priorities, since public time will be set aside at the end of every business unit budget presentation.

Next Wednesday, Jan. 25 will see Transit, Planning & Development and Operations Support presentations, while Feb. 1 is Parks & Recreation, Library, Support Services, and the Auditor General.

### + MORE INFO

For more details and a full budget timeline go to [shapeyourcityhalifax.ca/hfxtax2017](http://shapeyourcityhalifax.ca/hfxtax2017)



The Blue Mountain Birch Cove wilderness area. METRO FILE

# Developer suing city

## ANNAPOLIS GROUP

## Seeking \$119M over last year's Blue Mountain decision



**Zane Woodford**  
Metro | Halifax

Citing discrimination and bad faith negotiating on the part of the municipality, the company that wanted to develop part of the Blue Mountain Birch Cove lands is suing Halifax.

Annapolis Group gave notice Tuesday that it's seeking \$119 million from the municipality, claiming it "effectively expropriated" land without compensation.

Halifax regional council voted in September to accept a staff recommendation not to allow development on the lands — the site of a park proposed 10 years ago, located behind Bayers Lake — and to start the process to buy the necessary land for the park from 15 landowners, including Annapolis Group, which owns 965 acres of it.

"We're only here because the city forced us to be here," Annapolis Group vice chair Rob Gillis said in an interview. Annapolis Group says the municipality "abused its authority for the purposes of

harming Annapolis including acting in bad faith and discriminating against Annapolis." The company says the municipality has "intentionally dragged out this process for years," ignoring a controversial facilitator's report that recommended allowing development.

"We negotiated in good faith with HRM since 2006 when our land was zoned for development, and over that time period we acted in good faith," Gillis said.

The land was not, however, zoned for development in 2006.

The land Annapolis Group owns is zoned either "Urban Reserve" or "Urban Settlement," and has been since 2006. According to municipal staff, those zonings mean that because without existing streets in the area or secondary planning approval from the municipality, development is not allowed.

"He's playing loose with the facts," municipal spokesperson Brendan Elliott said in an interview. "Yes, technically you can allow for residential use, but those two conditions have to be in place before you can, and those two conditions have not been granted by the municipality yet."

Asked if his company's \$119 million valuation of the land is based on it being developable, Gillis said it's a professional valuation "based on the fair value of the land."

## ENVIRONMENT

## Shell seals second deepwater well

Shell is moving to seal off the second of its two deepwater exploration wells off Nova Scotia.

The company began work on the Monterey Jack well on the Scotian Shelf on Sept. 25, shortly after abandoning its Cheshire well in the Nova Scotia offshore, about 250 kilometres southeast of Halifax.

Shell spokesman Cameron Yost said in an email Monday that sealing the well involves "the installation and testing of multiple barriers in the wellbore."

He also said it is too early to speculate on what the results of the well are, saying it will take some time to analyze the information gathered from Monterey Jack by a contracted exploration vessel.

Petroleum geologist Grant Wach, a professor at Dalhousie University, cautions deep waters off the Scotian Shelf may require a number of exploration wells before firm conclusions are reached.

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## A two-part Metro special focus

# Runner with athletic anxiety left wondering 'Can I do this?'

## MENTAL HEALTH

## Daniel Maguire found strength to race with help from his team



**Adam Richardson**  
For Metro | Halifax

This is the second in a two-part series on Atlantic University Sport athletes talking about their struggles with mental health as Bell Let's Talk Day approaches on Jan. 25. The first profile ran on Tuesday.

In a sport measured by individual results, cross-country runner Daniel Maguire often finds his toughest opponent in the mirror.

Maguire lives with athletic anxiety, and the 20-year-old Dalhousie runner continues to make strides to help himself and others.

"A lot of athletes feel anxiety before they compete, or even during competition," says Maguire, originally from Hamilton, Bermuda. "Anxiety issues cause me to question whether or not I am at the level I need to be. I look around me during a race and say, 'Can I do this?'"



Dalhousie University cross-country runner Daniel Maguire says taking competitions less seriously has helped him, and he now also uses strength training to help combat anxiety. JEFF HARPER/METRO

Running mixes with Maguire's anxiety in different ways. He describes it as relaxing and meditative — taking in the sights and sounds, unwinding from the stressors of life.

Then comes competition, and the stressors of chasing

success.

"Last year, I came into the season in great shape and the night before the first race, I couldn't sleep," Maguire recalls. "It would affect my performance. This year, the issues moved to mid-race anxiety. My

**"We need to be open about mental health and stop seeing these issues as weaknesses."**

Daniel Maguire

best races are when I almost treat it like a practice, don't take it too seriously."

Maguire's anxiety became an issue as a sophomore while attending boarding school in Delaware. He describes those early anxiety attacks as a feel-

ing of isolation. The attacks often occurred at night, leaving him awake and pacing the halls of his dorm.

"There was a strong support system at boarding school, but I never felt I could reach out. I felt alone. You begin to think about everything — I'd tell a joke at school and if nobody laughed, I'd spend the night wondering if people didn't like me, or thought I wasn't funny."

Maguire also found running in Delaware. Although never previously focused on athletics, he gave running a try and was a standout amongst his classmates. His sister Erin also ran cross country, and he followed her footsteps to the Dalhousie University varsity team. Maguire found a home.

"I love the Dalhousie athletic community," he says. "This sport is a big part of who I am. My friends and roommates are on this team. I feel comfortable here."

Maguire now does "strength training" to combat his anxiety. Sometimes, it involves thinking of positive things to help feel calm. Simple thoughts such as "your family loves you" or remembering a great race result.

Then there is the support of teammates, whom he says understand the mental strain of a big race. They offer en-

### + REACH OUT

#### How to get help:

If you're in crisis, go to the nearest hospital, call 911 or call the province's crisis line at 1-888-429-8167 (toll free), available 24 hours a day, seven days a week. If you're looking for programs and services, or information about mental health, contact the Canadian Mental Health Association at 1-877-466-6606 (toll free).

couraging words and understand his journey. In turn, he's been approached by close friends looking to talk about their anxiety issues, athletic or otherwise. Maguire is involved with Bell Let's Talk Day on Jan. 25. He's seen growth in support for mental health issues through the annual campaign.

"We need to be open about mental health and stop seeing these issues as weaknesses," Maguire says. "Not everybody lifts the same amount of weight in the gym. Mental health is the same — it doesn't define your strength or who you are as a person. We've come a long way in realizing that talking about mental health is OK, but there's still room to grow."

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outthink



## WIKILEAKS

## Chelsea Manning to be released in May

President Barack Obama commuted the prison sentence of Chelsea Manning on Tuesday, allowing the Army intelligence officer who leaked scores of classified documents to go free nearly three decades early.

Manning, who will leave prison in May, was one of 209 inmates whose sentences Obama was shortening, a list that includes Puerto Rican nationalist Oscar Lopez-Rivera. Obama also pardoned 64 people, including retired Gen. James Cartwright, who was charged with making false statements during a probe into disclosure of classified information.

"These 273 individuals learned that our nation is a forgiving nation," said White House counsel Neil Eggleston, "where hard work and a commitment to rehabilitation can lead to a second chance, and where wrongs from the past will not deprive an individual of the opportunity to move forward."

The actions are permanent, and can't be undone by President-elect Donald Trump. White House officials said Obama would grant clemency to more individuals on Thursday - his final day in office - but that batch was not expected to include prominent individuals like Manning.

A former Army intelligence analyst, Manning has been serv-



Chelsea Manning AFP/GETTY IMAGES

ing a 35-year sentence for leaking more than 700,000 classified government and military documents to WikiLeaks, along with some battlefield video. She was convicted in military court in 2013 of six violations of the Espionage Act and 14 other offences and has spent more than six years behind bars. She asked Obama last November to commute her sentence to time served.

Known as Bradley Manning at the time of her 2010 arrest, Manning came out as transgender after being sentenced, and LGBT rights groups took up her cause and lobbied the president to grant her clemency. She was held at a men's prison in Fort Leavenworth, Kansas, and filed a transgender prisoner rights lawsuit, although the military did approve gender-reassignment hormone therapy.

THE ASSOCIATED PRESS

## GOVERNMENT

## More Democrats to boycott inauguration

The roster of House Democrats planning to boycott President-elect Donald Trump's inauguration grew to about 50 on Tuesday in a protest of the New York businessman's policies and his repeated criticism of legendary civil rights activist John Lewis.

The Georgia congressman made headlines over the weekend for challenging Trump's legitimacy to be the next president and erroneously claiming that Trump's inauguration would be the first he will have missed since coming to Congress three decades ago. In fact, Lewis had skipped President George W. Bush's inauguration in 2001.

Trump struck on Tuesday morning, as is typical, on Twitter: "WRONG (or lie)!" Trump tweeted, citing a 2001 Washington Post report that noted Lewis had skipped George W. Bush's inauguration.

Lewis' office on Tuesday confirmed that the congressman had missed Bush's swearing-in.

"His absence at that time

### + PROTEST

A federal appeals court says protesters planning to demonstrate against President-elect Donald Trump can't gather on key portions of the inaugural parade route.

THE ASSOCIATED PRESS

was also a form of dissent," said spokeswoman Brenda Jones. "He did not believe the outcome of that election, including the controversies around the results in Florida and the unprecedented intervention of the U.S. Supreme Court, reflected a free, fair and open democratic process."

Lewis said last week that he would skip Trump's swearing in on Friday, telling NBC News that he didn't view Trump as a legitimate president.

"I think the Russians participated in helping this man get elected," Lewis said Sunday.

THE ASSOCIATED PRESS



Prime Minister Justin Trudeau fields questions at a town hall meeting in Fredericton on Tuesday. ANDREW VAUGHN/THE CANADIAN PRESS

# Trudeau keeping mum on vacation

## POLITICS

## Watchdog investigating use of private helicopter

Prime Minister Justin Trudeau refuses to say how many times he's been to the private Bahamian island of the Aga Khan, the billionaire spiritual leader who has been his family friend since he was a young boy.

Trudeau's recent secret family vacation to the tropical isle has prompted an investigation by the federal ethics commissioner,

after opposition MPs complained the trip — which Trudeau admitted included a ride on the Aga Khan's private helicopter — broke the federal Conflict of Interest Act.

Speaking to reporters during a stop on his campaign-style public tour in Fredericton, N.B. on Tuesday, Trudeau also refused to say how many times he has accepted rides on private aircraft owned by the Aga Khan.

"This was a private vacation," the prime minister said in French, repeating what he has said for several days about his willingness to speak with ethics commissioner Mary Dawson about the trip.



**My office is working with her office to organize the next steps and answer her questions.**

Justin Trudeau

"My office is working with her office to organize the next steps and answer her questions," he said.

Questions about the trip have dogged Trudeau since his office admitted, after refusing to disclose anything about his vacation for several days, that the prime

minister, his family and a few friends accepted an invitation to the Aga Khan's private Bell Island during the holidays.

In the face of media pressure, the Prime Minister's Office revealed that the friends on the trip were Newfoundland MP Seamus O'Regan, Liberal party president Anna Gainey and their spouses.

Trudeau has repeatedly justified the trip as a family vacation to visit a longtime friend. But the vacation has come under close scrutiny because of the Aga Khan's foundation in Canada, which has landed more than \$300 million in government aid contracts since 2004.

TORSTAR NEWS SERVICE

## CONSERVATIVES

## O'Leary still mulling bid for leadership

Kevin O'Leary is refusing to confirm he's ready to join the Conservative leadership race Wednesday after months of testing the waters.

But the possibility that O'Leary, a businessman and reality television personality, will enter the race is being taken seriously by candidates vying to replace Stephen Harper. The CBC reported Tuesday night O'Leary would formally enter the race Wednesday.

Amy Mills, a spokeswoman for O'Leary's leadership "exploratory committee," refused to confirm or deny the report



Kevin O'Leary speaks during the Conservative Party of Canada convention in Vancouver last May. JONATHAN HAYWARD/THE CANADIAN PRESS

when reached by Torstar on Tuesday. Mills did confirm O'Leary is scheduled to give a

number of media interviews to react to Tuesday night's Conservative French-language debate.

"He's going to be watching the French debate, and he's going to be commenting on the debate tomorrow, but other than that, he's still mulling his thoughts about whether or not he's going to enter the leadership," Mills said.

"I don't have anything to add, unfortunately."

Reached Tuesday evening, O'Leary refused to discuss the CBC report. Instead, he vented his "frustration" that the Conservative leadership field still has 13 people vying to replace Stephen Harper.

TORSTAR NEWS SERVICE



## JESSICA ALLEN ON PROTESTS OVER HOLLYWOOD CASTING



### It's surprising that television and movie producers keep feigning shock at accusations of white-washing

The outrage over casting Joseph Fiennes, a white English actor, as Michael Jackson, an African-American pop star, in a new British satirical television series, *Urban Myths*, started a year ago. It crescendoed last week when Jackson's daughter, Paris, tweeted that the newly released trailer featuring Fiennes in facial prosthetics made her "want to vomit."

In an unusual twist, *Urban Myths'* broadcaster, Sky Arts, responded to the backlash and shelved the episode, in which MJ, Marlon Brando, and Elizabeth Taylor take a post-9/11 road trip. Too bad, because I'd really like to see Brian Cox play Brando and Stockard Channing channel Liz.

But I get it. What's surprising is that television and movie producers keep feigning shock and innocence when accusations of white-washing shower down on them.

This example, of course, is more complicated than most. Many pointed out that an African-American actor would've had to undergo just an extreme transformation — if not more — as Fiennes did to play Jackson.

We can't ask Jackson's opinion. But in a 1993 interview with Oprah, he was very clear about his racial identity. Winfrey went through a laundry list of tabloid stories — the oxygen chamber, procuring the Elephant Man's bones — while Jackson explained why they were nonsense. Then she got to the rumour about him wanting a white boy to play him in a commercial. "That is so stupid," he said, exasperated. "That is the most ridiculous horrifying story I've ever heard. It's crazy. Why would I want a white child to play me? I'm a black American. I'm proud to be a black American. I am proud of my race. I am proud of who I am."

I wouldn't be surprised if the folks involved with *Urban Myths* never saw that interview, though it was the most watched in television history. But it's impossible that they wouldn't be aware that casting Fiennes would be contentious.

It's easier to give old Hollywood a pass, as we do when grandpa Doug calls Asians "Orientals." Things were different back then: John Wayne played Genghis Khan, Lau-

rence Olivier played Othello, and Katharine Hepburn took a turn as Jade Tan, a Chinese woman, in *Dragon Seed*.

But deciding to cast Joel Edgerton as Ramses II and Christian Bale as Moses, for example, in 2014's *Exodus*? Or Jake Gyllenhaal as the Prince of Persia? Or having a white man save jazz in *La La Land*?

On one hand, some of these movies wouldn't have gotten made without a bankable A-list. (In the case of *Aloha*, Cameron Crowe's 2015 execrable film starring Emma Stone as a character of Hawaiian and Chinese decent, that might not have been a bad thing.) And the pool from which A-listers are drawn is very white.

On the other, people in power could lead by example: "If eight white men — Wes Anderson, David O. Russell, Richard Linklater, Steven Soderbergh, the Coen Brothers, Quentin Tarantino and Woody Allen — were to commit to diverse casting, the Oscar conversation would be totally different," author and journalist Jeff Yang told *IndieWire* in a roundtable last year pegged to #OscarSoWhite. "Each of

these guys can literally choose to cast anyone they want, with little opposition from money guys or studios."

Confession here: I used to get so excited when people would include Elizabeth Taylor as Cleopatra on Hollywood white-washing lists because it meant I could finally put my classics degree to use. "Cleopatra was an Egyptian pharaoh, the last actually," I'd say, smugly. "But she was Macedonian, descended from Alexander the Great's general Ptolemy."

More recently, however, when the same outrage surfaced over the idea of Angelina Jolie playing the Queen of the Nile, I paused.

I'm not sure sanctimonious historical arguments like my old chestnut about Cleo hold much sway today. When we talk about this type of casting, we're talking as much about how we live now as about the who, what, where and when of the subject. And anyone who rolls their eyes at that would be well advised to remember the wounded outrage of angry men throwing racial epithets at Leslie Jones because a woman put on a proton pack or those who felt there was no place for John Boyega, a black English actor, in *The Force Awakens* — and told him so. There are literally green people in that galaxy far, far away.

Whether a story takes place a long time ago or in recent memory, remember what William Faulkner once wrote: "The past is never dead. It isn't even past."

## All for one and one for all? Not quite



Vicky Mochama  
Metro

The Women's March on Saturday will bring together women — and men, FYI — from across the globe to protest Donald Trump's presidency.

From the outset, however, the march's effort to rally women echoed a history of fissures and fractures within the feminist movement.

Separately but simultaneously, two women — Bob Bland, a fashion designer in New York and Teresa Shook, a grandmother in Hawaii — conceived of a protest in the nation's capital.

Despite their eagerness, neither woman was a professional organizer. Further, the march was called the Million Woman March. Almost immediately, women of colour criticized the event for failing to be inclusive; racialized women with experience planning mass protests could have anticipated the obstacles. For black women especially, the name was a copycat of a 1997 march for black women which, it seemed, organizers had not known about.

The organizers quickly put women of colour at the top of the organizing committee.

But longstanding grievances had already been aired.

During the election, the Clinton campaign tied the candidate's trajectory to the 1848 Women's Rights Conventions in Seneca Falls. No women of colour were present at that meeting. (Only Frederick Douglass, a black man, was

present.) By frequently citing this moment, Clinton evoked a history based on intentionally excluding women of colour.

In the activist era of the '60s and '70s, this brand of white feminism entered mainstream politics. Betty Friedan's *Feminist Mystique* may have given voice to "the problem that has no name" but she was also vocal in excluding lesbians. While white feminists campaigned for (some) women's rights on education, work and reproduction, they were, as a whole, nowhere to be found on civil rights.

Race, sexuality and gender are still contentious within feminism. You might call it in-fighting but it's really a push for accountability. Big or small, each conflagration among feminists is necessary to creating more a inclusive and effective movement. So-called infighting is essential for reminding us that modern feminism is still, and always will be, a work in progress.

When Lena Dunham complained that Odell Beckham Jr., a receiver for the New York Giants, had ignored her because she wasn't a model, black women called her out for perpetuating a dangerous myth about black male sexuality. Dunham then asked Xavier Burgin, a black male filmmaker to talk the issue through with them.

Nearly 170 years after Seneca Falls, white feminists chose to listen to a black man rather than black women.

As the buses roll into D.C., remember that a common enemy doesn't quite mean we are all on the same team.

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Actor portrayals.



As she celebrated her birthday Tuesday, Betty White says the best thing about being 95 is that she's still employed.

## Tired, envious and gassy: Welcome to the 10-day detox

Despite a lack of evidence they're good for you, detox programs are wildly popular. Wanting to get a healthy start in January after gaining 16 pounds in 2016, **Melissa Dunne** decides to try one anyway.

Cold-pressed juice cleanses are no longer in style. Lately, editors at fashion bible Vogue, and other trendsetters, are preaching slightly less severe measures. Detoxes that focus on preparing and eating whole foods are being hocked by everyone from celebrities to fit nutritionists and cookbook authors such as Joy McCarthy and Melissa Hartwig.

Hartwig, in particular, has gained a cult following — with her *The Whole30* book spending 66 weeks and counting on *The New York Times* bestseller list. Acolytes of hers, and similar programs, are generally not allowed to consume a long list of foods, drinks, and additives for 30 days. Many programs also offer a 10-day, or even two-day, detox plans.

If you do manage to stick with Hartwig's 30-day program, her website promises it "will change your life." But, registered dietitian Andrea Miller warns people need to be wary of such promises.

"There is no solid scientific research on detoxes, it's mostly anecdotal information," said Miller in a phone interview from Whitby, Ont. "I advise my clients to look at the source and ask themselves: 'Does (the person selling the detox) have something to gain from this?'"

The nutrition expert also

points out that there is generally no need for healthy people to do a detox program as our bodies already naturally detox via our kidneys and liver. Which doesn't mean Miller is staunchly against the concept, saying that if a program helps some people get in the habit of preparing and eating more whole foods on a regular basis, then that can be a good thing.

What's not such a good thing is the temporary nature of detoxes, she warns. Programs with strict rules means many adherents may white-knuckle their way through a time-based plan only to inevitably return to their unhealthy eating habits the minute it's over.

Beyond the end of January, Miller recommends setting some SMART (specific, measurable, attainable, realistic, and trackable) nutrition and fitness goals you can reach throughout 2017.

Now that sounds like a smart plan most of us could stick to for longer than 30 days.



**There is no solid scientific research on detoxes.**

Andrea Miller, dietitian



**DETOX DELIGHTS** Melissa Dunne's ten-day program mixed DIY dishes and adapted store-bought bowls. MELISSA DUNNE



### GOOP OR JOYOUS? TWO DETOXES YIELDING SIMILAR RESULTS

**Why Melissa Dunne's first 10 days of 2017 were a struggle**

For me, last year was an *annus horribilis*.

The cherry on my misery sundae was that I ended 2016 exactly 16 pounds heavier than a mere year earlier. Admittedly, I had been eating too much ice cream to soothe my frayed nerves. So, in a bid to start this year with fewer sundaes and more smoothies, I did a 10-day detox.

For the first five days of 2017 I followed the plan from *Goop Clean Beauty*, written by the editors of Gwyneth Paltrow's lifestyle publication.

The rules were, no: alcohol, caffeine, dairy, eggs, beef, pork, shellfish, raw fish, gluten, soy, nightshades, strawberries, oranges, grapefruits, grapes, bananas, corn, white rice, sugar, peanuts, processed oils, and processed butters.

Thankfully, I then consciously uncoupled from that detox for the remaining five days, following the rules in the new book *Joyous Detox*

by Joy McCarthy.

These rules were, no: refined sugar, artificial sweeteners, dairy, gluten, peanuts, unfermented soy, corn, alcohol, coffee, and genetically modified organisms.

On both detoxes I had throbbing headaches; felt constantly exhausted; burned with jealousy when my friends gorged on snacks; and spent an inordinate amount of time on the ceramic throne. Mistakes? I made a few (like not realizing there is caffeine in decaf coffee).

In the end, I lost a measly two pounds. But, what I did gain was a renewed belief that I am strong enough to make this year better than the last.

That may sound a little corny to some, but after not being able to eat corn for a week and a half I'll take what I can get.

**READ MELISSA DUNNE'S FULL DETOX DIARY AT METRONEWS.CA**

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**ROSE REISMAN THE SAVVY EATER**

**THIS WEEK:** Which of these soft Italian cheeses is hard on the fat counter?

An easy substitution between these two cheeses can make for lighter dishes.

**PICK THIS**

**Tre Stelle  
Extra  
Smooth  
Ricotta  
(per 55g)**

Calories 90  
Fat 6g  
Saturated Fat 4g



**SKIP THIS**

**Tre Stelle  
Mascarpone  
(per 55g)**

Calories 170  
Fat 15g  
Saturated Fat 10g



**HERE'S WHY**



**Equivalent to an Arby's Classic Roast Beef Sandwich in fat.**

Mascarpone is a rich cheese made from cream and is a favourite ingredient for desserts, most notably the Italian dish Tiramisu. The creamy cheese is also used in pastas, risottos, sauces, cheesecakes and as a topping for soups. However, its decadent nature means high amounts of calories, fat and artery-clogging saturated fat. Ricotta, made from milk and whey, is a much lighter alternative to cook and bake with; it has about half the calories and fat of mascarpone.

**JOHANNA SCHNELLER WHAT I'M WATCHING**

# Unsettling...and made for our anxious times

**THE SHOW:** A Series of Unfortunate Events, Season 1, Episode 2 (Netflix)  
**THE MOMENT:** "We're all frightened"



Neil Patrick Harris's money-craving Count Olaf. CONTRIBUTED

The brilliant, plucky Baudelaire children — tweens Violet (Malina Weissman) and Klaus (Louis Hynes), and baby Sunny (Presley Smith) — believe their parents died in a fire. They've been taken in — kidnapped — by Count Olaf (Neil Patrick Harris), an evil actor who craves their fortune. Behind the scenes, mysterious good guys Jacquelyn (Sara Canning) and Gustav (Luke Camilleri) plot via phone.

"Dr. Montgomery was supposed to be their new guardian," Gustav says. "What went wrong?"

"Mr. Poe listened to the advice of a consultant," Jacquelyn says.

"A consultant!" Gustav exclaims. "Dear God, why would anyone listen to a consultant! The children must be frightened."

"We're all frightened, Gustav," Jacquelyn replies.

Meanwhile in their attic

chamber, Klaus and Violet talk. "Sunny must be so frightened," Klaus says. "We're all frightened, Klaus," Violet replies.

I'm ambivalent about the Lemony Snicket books this series is based on (by Daniel Handler, who also writes the show). The writing is clever, but smug about its cleverness. The pileup of unfortunate events, which are frustratingly preventable, make me anxious. The message — that pluck can ease, though not always conquer, depressing situations — is true, but sad. I have the same struggles with the series.

I do, however, marvel at how prescient it feels for this anxious moment in time. Uninformed people acting in error because they listened to the wrong advice? Marginalized good guys wondering how to fix things? A conscienceless money-grubber who kidnapped us when we were meant to have a proper, qualified guardian? We're all frightened, world.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**APPLE UPGRADE**

**Take a bite and add more Pazazz to your palate**

Move over Honeycrisp, the next generation has arrived and it's full of Pazazz!

After 10 years of development, the new apple with the crunchy texture of its Honeycrisp mom and its very own burst of sweet-tart flavour is available from now until the

end of February.

Deep red with a creamy yellow or white background, Pazazz has inherited the delicate cell structure of its Honeycrisp parent, which revolutionized the apple industry back in 1991 by combining a sweet flavour with a supercrisp,

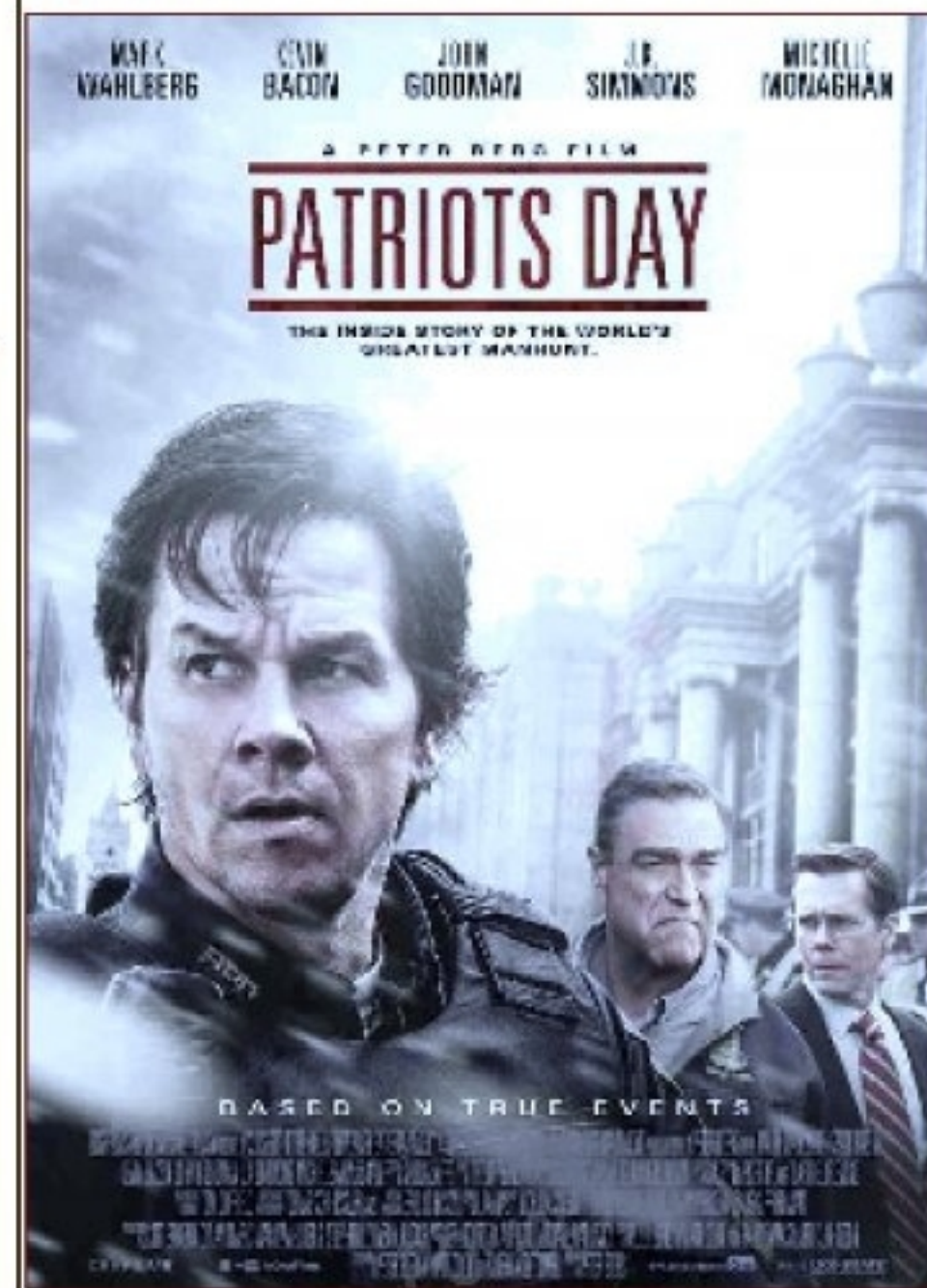
super-juicy texture.

Pazazz is not genetically modified, it was developed using traditional breeding methods. It is not being grown in Ontario because its breeders feel that, like Honeycrisp, it grows better in Nova Scotia's cooler climate.

TORSTAR NEWS SERVICE



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NOW PLAYING





# All the right proportions



## REVIEW

### Solid looks, solid ride, but where's the AWD?



**Jodi Lai**  
AutoGuide.com

Tiny crossovers are the hottest thing in cars right now, and any automaker that doesn't have one is really behind the times.

Instead of putting a huge amount of dollars into making its own small crossover, Infiniti is piggybacking on a Mercedes platform and has come up with the QX30.

The tester here is the 2017 Infiniti QX30 Sport model, which is the topline model that comes packed with performance upgrades and almost all the features drivers want. More on that later.

I prefer the look of the Infiniti model over the GLA it's based on. The QX30 is much more stylish, a lot less generic, and it definitely looks more modern. The GLA has a beefier, boxier and more muscular look, but I like the swoopy lines of the Infiniti better.

The problem with that pretty design is that practicality takes a hit in terms of cargo capacity, room for rear passengers and sightlines. One of the biggest drawbacks of the QX30 is that it's really hard to see out of. The blind spots are huge, the windows are tiny, and even the windshield is so swept back that it doesn't give drivers a lot to

work with.

Luckily this QX30 Sport, which is the fully loaded top of the line model, is equipped with a rear-view camera along with a top-down 360-degree view camera that makes parking and squeezing into tight places much easier.

Although the seven-speed dual clutch transmission gets confused sometimes at lower speeds and can shift abruptly now and then, it's not a deal breaker.

The QX30 is powered by a 2.0-litre turbocharged four-cylinder engine that outputs 208 horsepower and 258 pound-feet of torque. That's plenty to get the crossover moving, but the engine isn't the smoothest at low speeds and it displays some turbo lag. At highway speeds, however, the engine exhibits Ryan Gosling smoothness. Very little noise and vibration make it into the cabin during highway drives.

This Sport model gets no power upgrades over the regular QX30, but it does get better brakes and a suspension that's tuned for better handling. That sportier suspension definitely makes the ride in the city more choppy, but it does mean that it's better in the corners, which is an OK compromise.

The weird thing is that this top of the line QX30 Sport isn't available with all-wheel drive, which seems like a missed opportunity. Buyers have to level down to get all-wheel drive. This was likely a move to keep the price in check, especially because this Sport model has so many other features. I can imagine it getting pretty expensive if it had all-wheel-drive.

## THE CHECKLIST | 2017 INFINITI QX30 SPORT

### THE BASICS

**Engine:** 2.0L turbo 4-cylinder  
**Output:** 208 hp, 258 lb-ft of torque  
**Transmission:** Seven-speed dual-clutch auto  
**Fuel Economy (L/100 km):** 9.7 city, 7.1 hwy  
**Price:** Sport model starts at \$46,490



### LOVE IT

- Great driving dynamics
- Stylish look
- Smooth highway driving

### LEAVE IT

- Can get pricey
- Lack of AWD on topline model
- Poor sightlines

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Tim Raines could become just the fourth player to be elected into the Baseball Hall of Fame in his final year of eligibility on Wednesday

## Herd show resilience in shootout victory

MOOSEHEADS

**Hischier tallies three more points to help ground Eagles**

**Jonathan Briggs**  
For Metro | Halifax

After dropping four straight games to their provincial rivals, the Halifax Mooseheads battled back for a hard-fought road win.

Halifax twice erased a two-goal deficit en route to a 5-4 win over the Cape Breton Screaming Eagles at Centre 200 in Sydney on Tuesday night.

Benoit-Olivier Groulx scored a power-play goal late in the third to force overtime. Two saves by Alexis Gravel and goals by Ben Higgins and Jared McIsaac in the shootout competition gave the Herd the win.

"I'm really happy about the way we competed in that game and pushed back. We played with more poise in the second half, made good plays and showed a lot of character to come back," said head coach André Tourigny.

Nico Hischier scored his 31st goal and added two assists in the win.

"He was lights out. It was his best performance since



Phélix Martineau of the Screaming Eagles, left, battles off the draw with the Mooseheads' Nico Hischier on Tuesday at Centre 200. TC MEDIA

**TUESDAY In Sydney**



he's been back from the world juniors," Tourigny said.

Trade acquisitions Jake Coughler and Frédéric Aubé both scored for Halifax. Gravel

faced 46 shots, including 22 in the first period.

Cape Breton rookie Drake Batherson was named first star after dishing three assists.

The Herd's busy schedule continues with home games against the Chicoutimi Saguenéens on Thursday and the Baie-Comeau Drakkar on Friday.

Earlier Tuesday, Hischier was named captain of Team Orr for

the CHL/NHL Top Prospects game on Jan. 30 in Quebec City.

"It's a good experience and a chance to meet new friends, so it should be fun," said the Swiss forward said.

There have been 18 Mooseheads in the top prospects game since it debuted in 1996. Hischier is the second Mooseheads captain after Nathan MacKinnon in 2013.

WITH FILES FROM THE CANADIAN PRESS

MLB

## Bautista returns to Jays after all: Reports

The Toronto Blue Jays already lost one of their faces of the franchise this off-season. The team has made sure that Jose Bautista will not follow Edwin Encarnacion's lead.

A person with knowledge of the negotiations tells The Associated Press that the free agent outfielder is staying with the Toronto Blue Jays after agreeing to an \$18-million US, one-year contract with mutual options for more years.

The person, who spoke on condition of anonymity because the team had not announced the deal, said Bautista passed his physical and the contract was finalized Tuesday night.

Neither the team nor Bautista's agent Jay Alou would comment on the reports. Some

of Bautista's teammates didn't wait for a formal announcement to celebrate his return.

"Put them hands up! Joey-Bats is back!!! JoeyBats19," second baseman Devon Travis tweeted on Tuesday afternoon.

"Told y'all. Lol JoeyBats19," tweeted right-hander Marcus Stroman.

Bautista, a six-time all-star, hit 22 homers and had 69 RBIs last year but injuries limited him to just 116 games. He signed a \$65-million, five-year deal in 2011 and the Blue Jays picked up a

\$14-million team option last season.

The Blue Jays were interested in re-signing Encarnacion, but he eventually signed a three-year deal with the Cleveland Indians. THE CANADIAN PRESS

**\$60M**

Amount that Bautista's deal could rise to over 3 years as their are two mutual option years.

NHL

## Leafs rally for 10th win in last 13 games

The Maple Leafs keep rolling.

Toronto won for the 10th time in the last 13 games, rallying to beat the Buffalo Sabres 4-3 on Tuesday night. Leo Komarov, Matt Martin and Auston Matthews scored three goals over nine minutes in the second period to erase a 2-0 first-period deficit.

It's the first time all season

that the Leafs have won when trailing after the opening frame (1-8-1).

The victory came with a price as No. 1 defenceman Morgan Rielly was forced to exit with a lower-body injury. Frederik Andersen made 24 saves for the Leafs, James van Riemsdyk also finding the back of the net. THE CANADIAN PRESS

BASKETBALL

## Dartmouth's Wigginton standing tall at Oak Hill

Several decades of basketball greatness can be found at the end of a two-lane, unlit highway that winds unforgivingly through the Blue Ridge Mountains in southern Virginia.

Past the Christmas tree farms, grazing cows and Baptist churches — long after cellphone service has disappeared — you'll find Oak Hill Academy and its storied Turner Gymnasium.

Modest in size but draped in history, the 400-seat gym is where the likes of Kevin Durant and Carmelo Anthony once famously dominated

their opponents as gifted kids. It's also the place Nova Scotia teenager Lindell Wigginton has chosen as his launching pad with the goal of becoming the first Maritimer to play in the NBA.

"I knew it was a powerhouse program and I just wanted to come in, and be the best player I could be," Wigginton said.

The six-foot-two guard from Dartmouth is the first Canadian to play for tiny Oak Hill, a Baptist-affiliated co-ed boarding school of some 100 students. Fifty of those kids play on one of the basketball teams.

**\$35K**

A year at Oak Hill costs about \$35,000 US, but Wigginton is on a scholarship that covers most of that.

He was the team's top scorer last season, leading the Warriors to a 45-1 record, and a U.S. national high school title. In the championship game at Madison Square Garden, Wigginton con-

verted a three-point play with 29 seconds left in overtime en route to a 62-60 victory over Indiana's La Lumiere.

"He's probably our best player right now," said Oak Hill's legendary head coach Steve Smith. "Lindell is a fierce competitor, you can see how he plays. He's aggressive. He doesn't mind getting hit, when he goes to the basket he wants to get hit, he wants to go to the foul line, he wants three-point plays. But he can shoot from the perimeter too, he shoots pullups, he's got the whole game."

The Warriors will play more than 40 games this season, travelling as far as Hawaii and California. On Monday, the Warriors were in Springfield, Mass., playing in the Spalding HoopHall Classic at the Naismith Memorial Basketball Hall of Fame. They dropped an 80-77 decision to Seattle's Nathan Hale High School, just their third loss this season. ESPN broadcast the game.

"(Wigginton) is playing big-time basketball," Smith said. "At the high school level, you can't get any bigger than this."

THE CANADIAN PRESS



Lindell Wigginton  
IGUANA PRESS/GETTY IMAGES FOR ADIDAS



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MAKE IT TONIGHT

# Sticky Garlic Chicken



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



- 1 Tbsp rice wine vinegar
- 2 green onions, thinly sliced
- 1 tsp sesame seeds

## Directions

**1.** Preheat oven to 400 degrees. Lightly oil or spray a 9x13 baking dish.

**2.** Sprinkle chicken with salt and pepper. Working in batches, dip into egg, dredge in panko, pressing to coat. Place in baking dish. Bake until golden brown and crisp, about 15-20 minutes.

**3.** In a medium saucepan over medium heat, combine soy sauce, honey, garlic, hoisin sauce, ginger and vinegar until slightly thickened, about 2-3 minutes. Stir in chicken and gently toss to coat all chicken bites.

**4.** Serve immediately garnished with green onions and sesame seeds.

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Adults will love the flavourful mix of hoisin sauce (a Chinese bbq sauce), ginger and garlic but it's the honey's sticky deliciousness that will hook the littlest diners.

## Ready in 30 minutes

Prep time: 15 minutes  
Cook time: 15 minutes  
Serves 4

## Ingredients

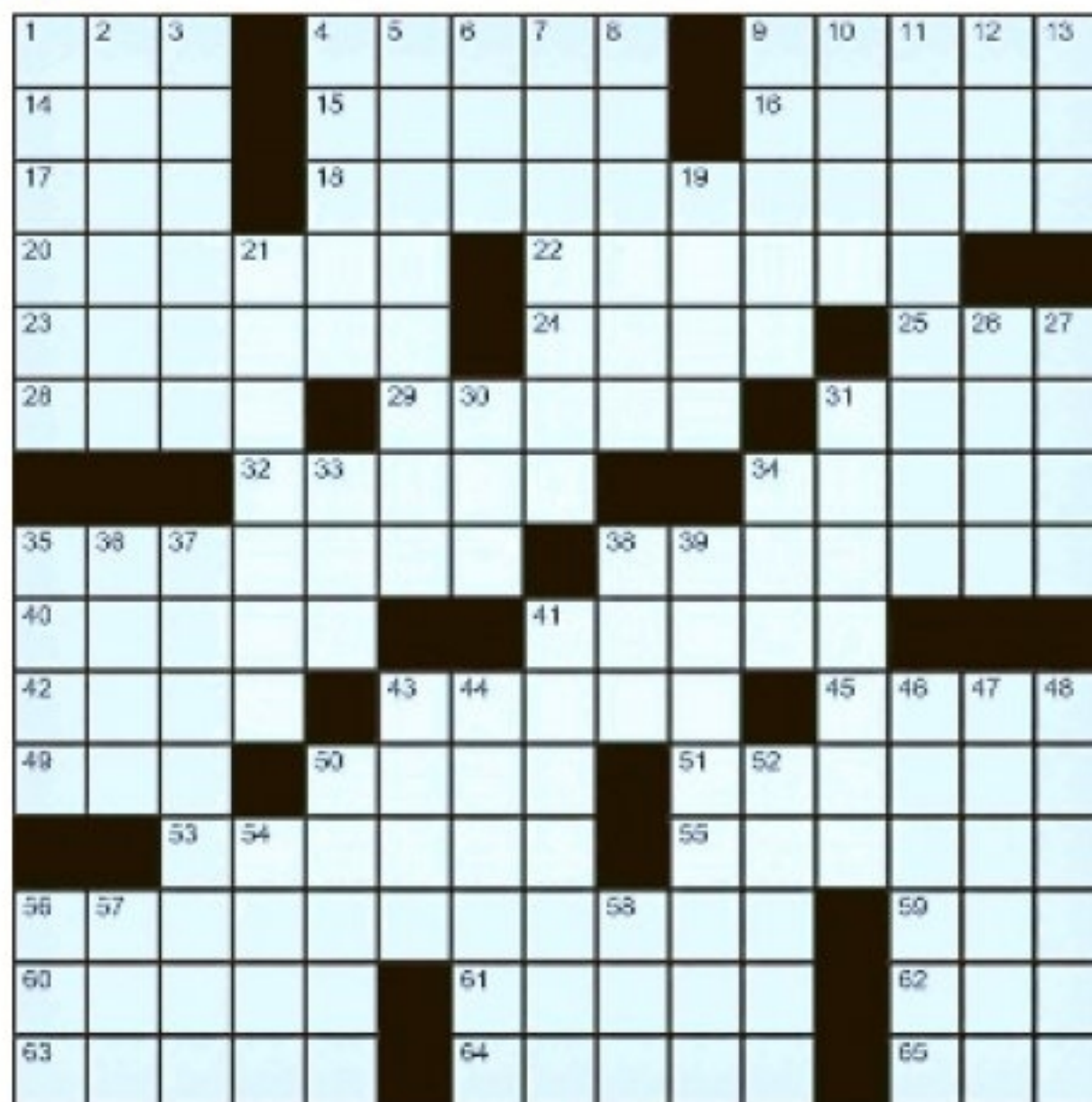
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper
- 2 large eggs, beaten
- 1 cup panko
- For the sauce:**
- 1/4 cup reduced sodium soy sauce
- 1/4 cup honey
- 5 cloves garlic, minced
- 2 Tbsp hoisin sauce
- 1 Tbsp freshly grated ginger

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

- High-arc shot on the court
- Nursemaids
- Carry on with mischief: 2 wds.
- 'Impress' suffix
- Historic Russian ruler
- Thor = \_\_ god of thunder
- Ant & \_\_ ("Britain's Got Talent" hosts)
- Plane's undercarriage: 2 wds.
- Visit a friend for coffee: 2 wds.
- Disinclined
- Sir \_\_ Hillary (Everest mountaineer)
- Eugene of "Best in Show" (2000)
- Howe'er
- Achiever
- Bird of Jove
- In-a-bowl hot serving
- \_\_-loading (Athlete's strategy)
- 'Right' or 'Blue' in the ocean
- Vivid
- Dolores O'\_\_ (Cranberries songstress)
- Certain Celts
- Prefix to 'dyne' (Toothpaste brand)
- Stretched out circle
- Speeds for horses
- Provo's place
- Sales pro
- Like part of a triathlon
- Ingredient in table salt, Potassium \_\_
- Not out/in-stead in one's do-



- main: 2 wds.
- One experiencing astonishment
- Newfoundland community near Gros Morne National Park: 2 wds.
- Not new
- Austrian pianist Mr. Schnabel
- Loosen the laces
- Mildly-disgusted interjection!
- Popular tunesmith, Carole \_\_ Sager
- Type of car
- Nourished

## DOWN

- Covered, as a tub of margarine
- Train too hard
- Get
- \_\_-one
- Wanders
- Ms. Jillian
- 2004 Viggo Mortensen horse flick
- Whine
- Steamed
- Sprockets
- Arboreal amphibian: 2 wds.
- Letters on a Bruce Springsteen album
- Apiece
- Canadian name from

- "Scream" (1996)
- \_\_ Mountains (Range in British Columbia)
- \_\_-hoop
- Candid
- Mr. Vigoda
- Covers
- Lil' response
- Canadian writer Mr. Mitchell, et al. (b.1914 - d.1998)
- Dr. Frankenstein's helper
- Place for church pews
- Canadian band which presumably might enjoy cucumber sandwiches: 2 wds.
- Soak flax
- Badge
- \_\_ "Like You" by Adele
- Deuces
- Commotion
- Lead given by the insider
- Antarctica penguin
- Did a Border Collie's job
- Bake, as eggs
- Like the main ingredients in granola
- Unfeigned
- Apprehend
- British singer Rita
- \_\_ "be my pleasure."

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Use all your powers of diplomacy and patience to deal with others today and avoid disputes and arguments. Admittedly, something unexpected will catch you off guard.

**Taurus** April 21 - May 21  
This is a classic day for equipment breakdowns or computer crashes at work. Be patient, because this will no doubt be frustrating. Use your Taurus diplomacy.

**Gemini** May 22 - June 21  
Parents should be vigilant today, because this is an accident-prone day for your kids. Know where they are at all times. Be extra aware of potential hazards.

**Cancer** June 22 - July 23  
Family squabbles might erupt today because something unexpected happens. Small appliances might break down or minor breakages could occur. Have patience!

**Leo** July 24 - Aug. 23  
Pay attention to everything you say and do today, because this is an accident-prone day. Make an effort to avoid arguments with others. Your own mental or emotional distraction is the reason an accident might occur.

**Virgo** Aug. 24 - Sept. 23  
Something unexpected will affect your cash or possessions today. This could create a problem with a romantic partner or one of your kids.

**Libra** Sept. 24 - Oct. 23  
It's easy to get into arguments with others today, because someone might do something out of the blue. Don't get your belly in a rash. Stay chill.

**Scorpio** Oct. 24 - Nov. 22  
Avoid power struggles with others today, because they might arise. This could be because something goes haywire at work. Patience is your best ally.

**Sagittarius** Nov. 23 - Dec. 21  
Financial disputes with a female acquaintance might ruin your day today. Tread carefully. Don't start anything that you can't finish. (Maybe it's best not to start anything!)

**Capricorn** Dec. 22 - Jan. 20  
Arguments with bosses and parents are likely today. Because sudden detours and surprises catch people off guard, they are easily upset. This is a tough day for a lot of people.

**Aquarius** Jan. 21 - Feb. 19  
This is an accident-prone day for you, so slow down and take it easy. Don't push the river. People feel impatient and sidetracked by the unexpected today. Stay mellow.

**Pisces** Feb. 20 - March 20  
Squabbles about shared property and shared expenses might arise today. Ideally, try to postpone these discussions for another day.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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